



## SUBSTANCE USE PREVENTION PARTNERSHIP

This is the monthly newsletter of the SUPP Coalition. We share information and updates central to our mission: To strengthen our communities to support alcohol and drug free youth in Lincoln County.

### Next SUPP Coalition Meeting:

Tuesday, January 15 from 3-5pm, Lincoln Academy ATEC Bldg.

## NEW DATA SHOWS SURGE IN YOUTH E-CIGARETTE USE

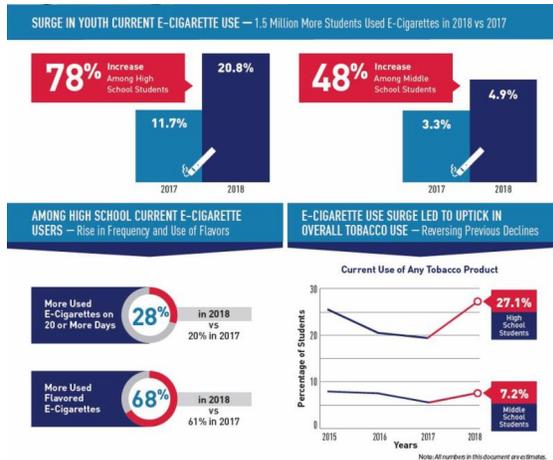
From 2017 to 2018, there was a 78 percent increase in the number of high school students who report using e-cigarettes, and a 48 percent increase in middle school students, according to the 2018 National Youth Tobacco Survey.

In addition to the increase in use, the survey results show an increase in the frequency of use and overall use of any tobacco product.

"This new data confirms the stories we've heard from students, parents, and schools over the past 12 months," said Kate Martin, Director of HLC.

The SUPP Coalition will be discussing this alarming trend, as well as other related topics at their next meeting on January 15.

[Take a look at the survey results here.](#)

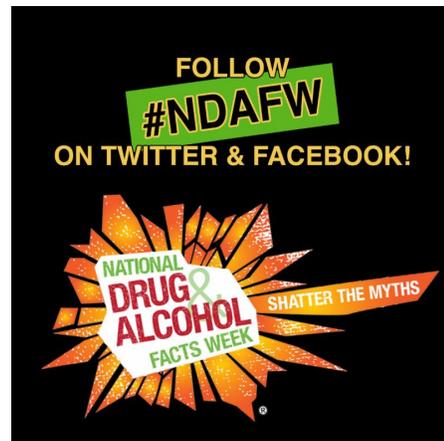


## NATIONAL DRUG AND ALCOHOL FACTS WEEK 1/22 - 1/27

[National Drug and Alcohol Facts Week \(NDAFW\)](#) will be held January 22-27, 2019. This national health observance aims to shatter myths about drugs by linking teens to science-based facts about drugs and alcohol.

The initiative was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to promote educational events that engage youth in understanding the science behind drugs and addiction. Events are held at the community level, planned and hosted by local schools and organizations.

If you're interested in planning an event, [click here](#). However, as part of NDAFW, Drugs and Alcohol Chat Day is hosted. This event will be held on January 24th, and involves a live chat held between high school students and NIDA scientists, where students can ask any questions related to drugs or alcohol. For more information and to register, visit



their [website](#).

## LOCAL BUSINESSES TRAINED IN PREVENTING UNDERAGE ALCOHOL SALES AND DRUNK DRIVING



On December 19, over 20 staff and managers of local bars, restaurants, and stores received training to help reduce underage drinking and drunk driving.

The Responsible Beverage Server Training was taught by Deputy Chief Rand Maker and Sgt. Mark Bridgham in Wiscasset at the Lincoln County Regional Planning Commission

Building.

Attendees from eight local businesses successfully completed the training, which covered Maine Liquor Laws as well as best practices for managing an establishment that serves or sells alcohol. Certification is provided from the Bureau of Alcohol Beverages and Lottery Operations and is good for three years.

Any business that is interested in hosting or attending a future Responsible Beverage Server Training can contact Jess by phone at 563-1330 or e-mail [jbreithaupt@healthylincolncounty.org](mailto:jbreithaupt@healthylincolncounty.org)

## #MEALTIMEMATTERS CAMPAIGN UPDATE

If you saw our last newsletter, you know we rolled out the #MealTimeMatters campaign in December by distributing 500 reusable shopping bags to food pantries throughout Lincoln County. The bags housed tons of information, from Farm Fresh Rewards to JUULing and substance use resources, to a conversation starter game to help make mealtime more exciting. We have some big ideas for this project and are beginning our outreach to local businesses and organizations for their sponsorship and support. so stay tuned!

Want to support the campaign? You can start by snapping a picture of your meal and who you're eating with. Post your photo on Facebook and/or Instagram with #MEALTIMEMATTERS and tell us why mealtime matters to you! Be sure to tag @healthylincolncounty.



## SAVE THE DATE

### 2018-2019 COALITION MEETINGS

\*Locations will be announced prior to meetings.

**January 15** from 3– 5pm

**February 19** from 7:30 – 9am

**March 21** from 2:30 – 4pm

**April 16** from 7:30 – 9am

**May 16** from 2:30 – 4pm

**June 18** from 7:30 – 9am

### Other Upcoming Events

[National Drug and Alcohol Facts Week](#)

January 22-27, 2019

# Prevention Matters

Visit our Website

Healthy Lincoln County  
280 Main Street | PO Box 1287 | Damariscotta, ME 04543  
(207) 563-1330

STAY CONNECTED

